

## ABSTRACT OF THE DISCLOSURE

A tampon pledge that expands without the aid of moisture or menses. The tampon pledge has a plurality of high resiliency, non-absorbent materials and a plurality of absorbent materials. The tampon pledge has improved comfort as compared to conventional fully compressed tampon pledges. The tampon pledge preferably has all of its non-absorbent and absorbent materials enclosed in a coverstock. The coverstock may be inverted or turned inside out, prior to filling the coverstock with the plurality of non-absorbent and absorbent materials. The coverstock insertion end, removal end, or both are pleated to further enhance comfort during use. A removal string may be secured to the inverted and pleated coverstock, above the removal end seal, by a top loop slipknot.